

## Fluoride Is a Neurotoxin: 9 Ways It Harms Your Brain

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**Fluoride is a trace mineral that in sufficient quantity is harmful to mental health. Consider these reasons for avoiding fluoridated water and toothpaste.**



Fluoride is trace mineral that naturally occurs in the earth's crust and in water.

It's also likely added to your toothpaste and drinking water to supposedly build healthy teeth and prevent cavities.

But artificially adding fluoride to drinking water is a highly controversial practice.

The US Centers for Disease Control call the fluoridation of water "one of 10 great public health achievements of the 20th century." (1)

But the World Health Organization considers fluoride a naturally occurring toxin. (2)

There's reason to doubt that it prevents tooth decay since people in pro-fluoride countries don't have healthier teeth than the rest of the world. (3)

But there's little debate about what fluoride, a known neurotoxin, does to your brain.

Here are some of the best reasons to consider avoiding added fluoride for the sake of your mental health.

### 1. Fluoride is a developmental neurotoxin.

A [neurotoxin](#) is a substance that's poisonous or destructive to the tissues in the brain, spinal cord and nervous system.

A developmental neurotoxin is one that affects the brain during the most susceptible stages of life — before birth and during early childhood.

A recent study in *The Lancet*, one of the most prestigious and highly regarded medical journals, recommended that fluoride be classified as a developmental neurotoxin along with lead, mercury, arsenic, PCB, and toluene. (4)

Study authors believe that there is a "pandemic of developmental neurotoxicity" and fluoride is a contributor.

Developmental neurotoxins are linked to increases in autism, attention deficit hyperactivity disorder (ADHD), dyslexia, loss of IQ points, disruptive behavior, and other cognitive impairments.

## 2. Fluoride lowers IQ.

Harvard School of Public Health and China Medical University did a joint analysis of 27 studies on the effects of fluoride and found a strong correlation between fluoride and adverse effects on brain development. (5)

Children in high-fluoride areas had significantly lower IQ scores than those living in low-fluoride areas.

This is not the only study that supports these findings.

To date, more than 50 human studies have linked fluoride to reduced IQ in both children and adults. (6)

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## 3. Fluoride may contribute to Alzheimer's.

In the 1970s, autopsies revealed that Alzheimer's patients had higher than normal concentrations of neurotoxic aluminum in their brains.

It's now understood that fluoride may play a role in the aluminum-Alzheimer's connection.

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The blood-brain barrier is a semi-permeable membrane designed to keep foreign substances — like fluoride and aluminum — out of the brain.

When aluminum comes into contact with fluoride, it hitches a ride into the brain as aluminum fluoride which can bypass this barrier.

This just so happens to be the same aluminum compound found in the brains of Alzheimer's patients. (7)

## 4. Fluoride increases risk of low thyroid.

Fluoride, especially when added to drinking water, nearly doubles the risk of developing [hypothyroidism](#). (8)

Fluoride binds with iodine receptors in the thyroid, displacing iodine.

And when there isn't adequate iodine available, the thyroid can't synthesize thyroid hormones. (9)

And that is bad news for your brain.

Brain fog, memory loss, lack of focus, depression, anxiety, and other cognitive and mental health issues are some of the most problematic side effects of thyroid disorders.

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## 5. Fluoride causes nervous system degeneration.

Once fluoride crosses the blood-brain barrier, it causes degeneration to specific parts of the brain — the hippocampus, the neocortex, and the cerebellum.

The hippocampus is considered the seat of memory and is critical for learning, emotional regulation, and shutting off the stress response. (10, 11)

The [neocortex](#) is considered the most evolved area of the brain where sensory perception, conscious thought and language skills largely take place. [\(12\)](#)

The cerebellum is responsible for coordination and balance.

The damage from fluoride doesn't stop at your brain — it continues on to your spinal cord and sciatic nerve. [\(13\)](#)

## 6. Fluoride impairs pineal gland function.

The pineal gland is a pea-sized structure in the brain where melatonin is produced.

[Melatonin](#) is known mainly as a sleep hormone, but it's much more than that.

Melatonin is a potent antioxidant that is especially protective of the brain.

It can offset the damage of serious brain disorders including dementia and Alzheimer's. [\(14\)](#)

It may even help you live longer.

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Melatonin has been shown to work at least as well as antidepressant medications and is particularly useful for a certain kind of depression known as seasonal affective disorder (SAD). [\(15, 16\)](#)

The pineal gland is prone to accumulating deposits in a process known as calcification.

Calcification, in spite of the name, isn't always caused by calcium.

These deposits can be caused by other minerals including fluoride which is found in strikingly high concentrations in the pineal gland. [\(17, 18\)](#)

This affects melatonin production contributing to insomnia, depression, and accelerated brain aging. [\(19\)](#)

Pineal gland calcification is thought to contribute to dementia and Alzheimer's since it is significantly higher in patients with these diseases. [\(20\)](#)

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## 7. Fluoridated water increases risk of lead ingestion.

If you are as old as I am you'll remember when paint, gasoline, and water pipes regularly contained lead.

Lead is another neurotoxin that posed a serious health threat which led to a series of bans.

Lead has been banned from paint since 1978, phased out of gasoline in the 1990s, and outlawed in the manufacture of water pipes since 1986. [\(21, 22, 23\)](#)

But if you live in a house built before 1986 you may still have lead water pipes.

Even new brass or chrome-plated faucets contain some lead. [\(24\)](#)

If you have fluoridated water coming through lead pipes and chrome faucets you have the "perfect neurotoxin storm" since fluoridated water leaches lead and greatly increases the amount in your water — up to 9-fold more. [\(25\)](#)

Young brains are most at risk but brains of all ages can suffer from lead exposure that can manifest as memory loss, mood disorders, lower IQ, and learning disabilities. ([26](#), [27](#))

### 8. Fluoride linked to ADHD.

Rates of ADHD skyrocketed in the 1990s, about the same time that fluoridation of water supplies was also on the rise in the United States. ([28](#))

This may not be a coincidence since researchers have found a correlation between water fluoridation and ADHD. ([29](#))

States with the largest number of ADHD cases also have the greatest proportion of people drinking fluoridated water.

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According to the Centers for Disease Control, over 67% of the US population receives fluoridated water but the numbers vary greatly by state. ([30](#))

If you live in Washington DC, the chances of fluoridated water coming out of your tap are 100%.

States with the lowest levels of fluoridated water are Montana at 32% and Hawaii at 10%.

### 9. Fluoride is found in antidepressants (and causes depression).

If you are one of the millions of people taking Prozac you may have noticed that the generic name for Prozac is fluoxetine.

It's not a coincidence that the name sounds a lot like fluoride.

Some of the most commonly prescribed drugs contain significant amounts of fluoride, including antidepressants and anti-anxiety drugs.

This is disturbing since fluoride can *cause* depression.

Besides Prozac, other antidepressants that contain fluoride include Paxil, Zoloft, and Lexapro. ([31](#))

If you currently take one of these medications you may want to discuss switching to a fluoride-free antidepressant or try some [natural ways to relieve depression](#) instead.

But do not stop taking any medication before talking to your health care professional.

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#### **SUBJECT: Sharper thinking, better mood**

Nootropic brain supplements are growing ever more popular.

Nootropics are substances that can make you more focused, motivated, positive, and productive.

That sounds good, but many of the products containing these substances are neither helpful nor harmless.

We've looked closely at the market and found a supplement that combines many of the most proven, effective, and natural brain enhancers we know.

[Read what we think about it](#)

*Deane & Dr. Pat*

## How to Avoid Added Fluoride

For most of us the main sources of fluoride are toothpaste and drinking water.

It's not hard to find toothpastes without fluoride, but it's very hard to find a water filter that removes fluoride.

### Fluoride-Free Toothpastes

Many "natural" personal care companies like Tom's of Maine, Jason's, Nature's Gate, and Kiss My Face carry fluoride-free versions of toothpaste.

If you live in one of the handful of countries that regularly add fluoride to their water — the US, Canada, Australia, Ireland, and Brazil — you may be surprised to learn that most of the world does *not* fluoridate their water.

Only 5.7% of the world's population drinks artificially fluoridated water. ([32](#))



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But many parts of the world have naturally high fluoride concentrations in their groundwater that can reach dangerous levels.

These areas are known as "fluoride belts" and include parts of Africa, China, India, and the Middle East.

People who live in these areas are at risk for [dental fluorosis](#), which stains and pits teeth, and [skeletal fluorosis](#), a crippling bone disease.

### Fluoride-Reducing Water Filters

If you suspect your water is fluoridated, check with your local water department to find out for sure.

You can look on their website or contact them directly.

In the US, water municipalities are required by law to make this information available to the public.

If you have a well, you can download the government report [Quality of Water from Domestic Wells](#) to see if you live in an area where fluoride levels are high.

Whether your water is fluoridated or naturally high in fluorides, fluoride can be filtered out.

But be aware that very few water filters reliably remove fluoride.

Some claim "fluoride reduction" as a feature but in fact remove negligible amounts.

If a filter does not specifically state it removes fluoride, assume it doesn't.

Do your homework before making the investment in a fluoride-reducing water filter, [such as this one](#).

## Fluoride: The Bottom Line

Fluoride is a toxic substance often added to toothpaste and water supplies with the intent of building healthy teeth.

However, fluoride is not necessary for healthy teeth and most countries do not add fluoride to their water supplies.

In fact, fluoride is a known neurotoxin that directly, and indirectly, affects the health and function of your brain.